



A national program to increase fruit and vegetable consumption

5 A DAY “SAMPLE THE SPECTRUM” RECIPES

1) COLORFUL...

Colorful Fruit-and-Greens Salad

Serves 4.

Does it seem strange to combine fruit with salad greens? It shouldn't anymore. This colorful combination of strawberries, orange, apples and fennel goes perfectly with mesclun mix — found at most grocery stores pre-cut and sold by the pound or pre-packaged — and a light, fruity vinaigrette.

Vinaigrette: $\frac{3}{4}$ cup fresh orange juice
 2 Tbsp. white wine vinegar or champagne vinegar
 1 tsp. olive oil
 $\frac{1}{4}$ tsp. black pepper
 1 pinch salt

4 cups mixed salad greens, such as mesclun
 $\frac{1}{2}$ cup strawberries, sliced
1 orange, peeled and sliced
1 Golden Delicious apple or Bartlett pear, cored and chopped
 $\frac{1}{2}$ cup fresh fennel, diced

In a large salad bowl, whisk together vinaigrette ingredients. Add salad greens and toss. Arrange fruit and fennel on top of greens and serve.

Nutritional Analysis Per Serving:

- 95 calories, 17 grams carbohydrate, 1 gram protein, 1 gram fat, 0 grams saturated fat, 0 milligrams cholesterol, 74 milligrams sodium, 4 grams fiber
- 15% calories from fat
- 2 $\frac{1}{4}$ “5 A Day” servings

2) YELLOW...

Springtime Corn & Squash Soup

Serves 4.

4 cups frozen corn, thawed
1 15-oz. can fat-free, evaporated milk
1 tsp. vegetable oil
1 small onion, chopped
1 Tbsp. garlic, minced
2 small yellow summer squash, chopped
1 pinch dried thyme (optional)
2 Tbsp. fresh flat-leaf parsley, minced (optional)
2 pinches salt

In the blender, puree 3 cups of the corn with the milk for 3 to 4 minutes, until it becomes smooth and glossy. Set aside. Heat oil in the bottom of a medium pot and sauté onion, garlic, squash and zucchini on medium heat until the onion becomes translucent, splashing in a few drops of water midway through cooking, if necessary, to prevent sticking or burning. Turn the heat to low, and add to the pot the smooth corn puree, the remaining 1 cup of thawed corn, the thyme, parsley and salt. Keeping the heat on low, heat the soup throughout and serve.

Nutritional Analysis Per Serving:

- 320 calories, 20 grams carbohydrate, 15 grams protein, 3 grams fat, 0 grams saturated fat, 4 milligrams cholesterol, 232 milligrams sodium, 5 grams fiber
- 18% calories from fat
- 2 ½ “5 A Day” servings

3) GREEN...

Broccoli & Green Beans with Ginger Green Sauce

Serves 4.

A delicious green sauce gives these favorite vegetables a pleasant kick, and allows the cook a little artistry when it comes to table presentation.

Green Sauce: 2 cups tightly packed, fresh spinach leaves
½ cup low-sodium vegetable broth
¼ tsp. low-sodium soy sauce
½ tsp. sesame oil
2 tsp. rice wine vinegar or white vinegar
½ tsp. grated fresh ginger (optional)

2 cups green beans, sliced into bite-sized pieces (use fresh or frozen)
2 cups broccoli florets, cut into bite-sized pieces (use fresh or frozen)

Puree green sauce ingredients in the blender until the sauce is bright and very smooth. Meanwhile, use the stove or microwave to steam green beans and broccoli just until each is bright green and tender-crisp. To serve, drizzle some green sauce on each plate, and top with a ¼ cup pile of hot green beans and a ¼ cup pile of hot broccoli.

Nutritional Analysis Per Serving:

- 54 calories, 8 grams carbohydrate, 3 grams protein, 2 grams fat, 0 grams saturated fat, 0 milligrams cholesterol, 133 milligrams sodium, 2 grams fiber
- 28% calories from fat
- 2 ½ “5 A Day” servings

4) RED...

Creamy Tomato-Pepper Pasta

Serves 4.

This creamy pasta dish is *nearly* as easy as opening a jar. Bright and fresh both in color and flavor, it's power-packed with fresh tomatoes and red bell pepper.

1 small onion, chopped
2 Tbsp. garlic, minced
2 Tbsp. olive oil
1 large red bell pepper, chopped
3 cups fresh tomatoes, seeded and chopped
¼ cup non-fat half-and-half (available in the dairy section)
¼ cup Parmesan cheese, grated
½ tsp. black pepper
1 pound dry bowtie or penne pasta (red pasta, if you can find it), cooked and drained

Sauté garlic and onion in oil on medium-low heat until the onion is translucent, splashing in a few drops of water midway through cooking, if necessary, to prevent burning. Add bell pepper and sauté until tender-crisp, about 2 minutes. Stir in tomato and bring to a simmer. Turn the heat off, let mixture cool down for a minute or two, and gradually stir in half-and-half. Add cheese and pepper, stir, and turn heat to low. Cook until heated again, and serve over pasta.

Nutritional Analysis Per Serving:

- 567 calories, 98 grams, 19 grams protein, 10 grams fat, 2 grams saturated fat, 4 milligrams cholesterol, 196 milligrams sodium, 7 grams fiber
- 17% calories from fat
- 2 “5 A Day” servings

5) ORANGE...

Curried Rice with Roasted Carrots and Apricots

Serves 4.

This colorful, spicy and sweet combination goes well with chicken or fish.

3 cups basmati rice
2 cups carrots, sliced
½ cup low-sodium chicken or vegetable broth
2 Tbsp. curry powder (sweet or hot, depending on preference)
½ cup dried apricots, diced
2 Tbsp. walnut segments or sliced almonds, toasted* (optional)

Cook rice according to package directions. Meanwhile, roast carrots at 400 degrees F., covered, for 25-35 minutes, until soft when pierced with a fork. Add broth, curry powder, apricots and nuts to cooked rice and stir gently. Heat on low heat until warmed throughout. Transfer to serving dish, top with carrots, and serve.

*To toast nuts, simply spread them in a small pan in a 400-degree F. oven and heat them for 5 to 8 minutes, checking often, until you can smell their oils when you open the oven. Or, you can heat them on the stove in a small pan, stirring and watching closely.

Nutritional Analysis Per Serving (based on 3 cups uncooked rice):

- 625 calories, 134 grams carbohydrate, 12 grams protein, 4 grams fat, 0 grams saturated fat, 0 milligrams cholesterol, 124 milligrams sodium, 6 grams fiber
- 6% calories from fat
- 1 ½ “5 A Day” servings

6) PURPLE...

Fresh Berries with Sweet Vinegar Sauce

Serves 4.

Sweet Vinegar Sauce: ¼ cup good-quality raspberry vinegar or balsamic vinegar
 ¼ cup sugar
 3 drops vanilla extract
 ½ cup plain, non-fat yogurt

1 cup blueberries
1 cup blackberries

Combine vinegar and sugar in a small saucepan and bring to a boil. Boil for 4 four minutes, stirring often. (Be prepared; the mixture will smell unpleasant as some of the vinegar's acid boils off, and it will reduce a little bit.) Turn off heat. Add vanilla, and slowly whisk in yogurt. Toss with berries and serve.

Nutritional Analysis Per Serving:

- 115 calories, 27 grams carbohydrate, 2 grams protein, 0 grams fat, 0 grams saturated fat, 0 milligrams cholesterol, 22 milligrams sodium, 3 grams fiber
- 2% calories from fat
- 1 “5 A Day” serving